

NMCRS Budgeting for Baby

This class is held through the Navy and Marine Corps Relief Society. It covers costs of a newborn and resources in the area. Participants will receive their baby's first sea bag! Please call them at (360) 396-6704 for the schedule.



Example of a baby sea bag, items are subject to change

New Parent Support

New Parent Support Home Visitation Program is a no-cost, voluntary program for military families who are expecting or have young children under age three. NPSHVP offers home visits that focus on the needs of the infant and young children, prenatal and postnatal care, parent education and social supports for the family. Call them at (360) 315-3075 to make an appointment.



HELPFUL PHONE NUMBERS

Fleet and Family Service Center	1-866-854-0638
Navy/Marine Corps Relief Society	360-396-6704
NBK Child Development Centers	888-463-6697
New Parent Support	360-315-3075
NHB Appointment Line	1-800-404-4506

HELPFUL WEBPAGES

Dads at a Distance	www.daads.com
MedlinePlus	www.medlineplus.gov
Military One Source	www.militaryonesource.com
MWR Pacific Northwest	www.navylifepnw.com
Safe Kids Kitsap	Like on Facebook
Safe Kids USA	www.safekids.org
WIC Nutrition Program	www.kcr.org/wic.htm
Women's Health	Womenshealth.gov

NHB Health Promotion and Wellness (HPW)

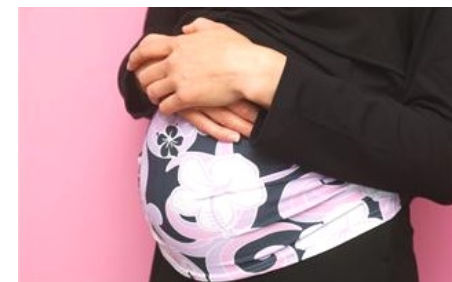
NAVAL HOSPITAL BREMERTON
ONE BOONE ROAD
CODE 16
BREMERTON WA 98312
nhb.healthpromotion@med.navy.mil
Phone: 360-475-4541



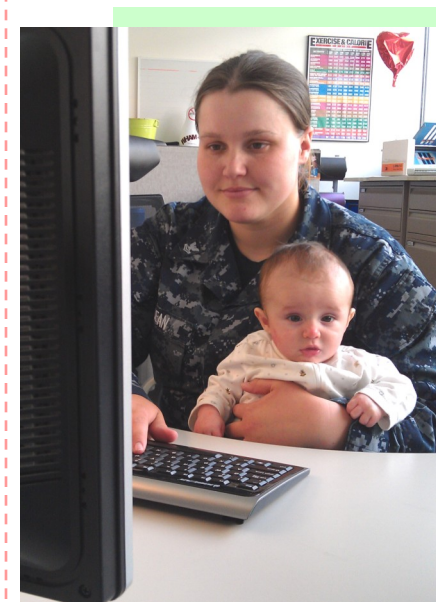
HPW Website: <http://www.med.navy.mil/sites/nhbrem/Pages/default.aspx>

2014

PNW Childbirth Resources for our Military Families



A comprehensive guide to local classes and resources available



Naval Hospital Bremerton (NHB) Resources

Childbirth: Prepare for the birth of your child by learning about the whole process and what to expect during your hospital stay. Please bring two pillows, a blanket or mat, your labor coach, snack and drinks for you and your coach.

- Choose between three consecutive Wednesdays or a full day Saturday
- First three Wednesdays 6:30 to 9pm
- Saturday 9:30am to 4pm

Lactation: Get the facts on this important part of your child's first and best nutrition. How to get started with breastfeeding, how to avoid problems, and the benefits for your baby.



- Fourth Wednesday 6:30 to 8pm
- Not included in Saturday Class

Car Seat Fittings: Let nationally certified technicians help you put your child's car seat in as safely as possible before your baby is due. Please attend one of our events, or make an appointment by calling (360) 475-4541



To make an appointment for NHB classes, please call TRAC at (800) 404-4506

Baby Basics: Series of two classes. See website for specific dates and resources (link on back)

1. New Parent Support Team (services, shaken baby syndrome, P.U.R.P.L.E. crying, Post Partum Depression, and Self Care) and correct use of Car Seats
 2. Quiz the Pediatrician (baby checks, care of a sick baby, immunizations, and growth development milestones) and overview of infant CPR and choking
- Third and Fourth Thursdays of "odd" months from 4 to 6pm
 - November dates are the 2nd and 3rd Thursdays due to Thanksgiving.



2014 Birthing Class Dates

Jan	8, 15, 22, 29	Sat 25
Feb	5, 12, 19, 26	Sat 22
Mar	5, 12, 19, 26	Sat 22
Apr	2, 9, 16, 23	Sat 19
May	7, 14, 21, 28	Sat 24
Jun	4, 11, 18, 25	Sat 21
Jul	9, 16, 23, 30	Sat 25
Aug	6, 13, 20, 27	Sat 23
Sep	3, 10, 17, 24	Sat 20
Oct	1, 8, 15, 22	Sat 18
Nov	5, 12, 19, Dec 1	Sat 22

TIPS and TASKS

DEERS: You have 60 days to enroll your child. You will need a certified birth certificate and SSN at your local PSD to accomplish this. Appointments are recommended and can be made at <https://rapids-appointments.dmdc.osd.mil/>

EFMP: Exceptional Family Member Program is designed to help you meet the challenges of special needs family members. Please call for more information

- (360) 475-4215 at the Naval Hospital Bremerton
- (360) 396-5469 at Fleet and Family Support Center

Fitness for Pregnancy:

Free water aerobics at Bremerton Concourse West (Gym) by referral from your PCM



Lactation Consultant: Naval Hospital Bremerton (360) 475-4470 8:30am to 5pm weekdays for questions and appointments. For questions after hours, call (360) 475-4418

4OB Tour: You are encouraged to walk-in to 4 OB during normal working hours to get a tour and learn what to expect when you arrive to have your baby.

WIC: The Women, Infants, and Children's Program is available from pregnancy to five years old. You need to verify eligibility at your local office. Support includes assistance with many healthy food items. See link on back page.